

## PHASE 1 Phase 1 Foods to Enjoy

### Protein

Start with a small portion (2 oz. for breakfast, 3 oz. for lunch/dinner), eat slowly, go back for seconds if still hungry.

#### Beef

Lean\* cuts, such as:

- Bottom round
- Eye of round
- Flank steak
- Ground beef
  - Extra lean
  - Lean sirloin
- London broil
- Pastrami, lean
- Sirloin steak
- T-bone
- Tenderloin (filet mignon)
- Top loin
- Top round

\*Lean meat has 10 g or less total fat and 4.5 g or less saturated fat per 100 g portion.

#### Poultry (skinless)

Choose cuts without the skin or remove it when cooking or before eating.

- Chicken breast, all cuts
- Cornish hen
- Duck breast
- Ground breast of chicken
- Ground breast of turkey
- Turkey bacon
- Turkey breast, all cuts
- Turkey pastrami
- Turkey sausage, low-fat (3-6 g of fat per 60 g serving)

#### Seafood

Limit your intake of fish high in mercury and other contaminants, such as marlin, swordfish, shark, tilefish, orange roughy, king mackerel, bigeye and ahi tuna, and canned albacore tuna—use light tuna instead.)

- Fish (all types)
- Salmon roe
- Sashimi
- Shellfish (all types)
- Tuna, water-packed light in cans or pouches and other water-packed fish

#### Pork

- Boiled ham
- Canadian bacon
- Loin, chop or roast
- Smoked ham, natural uncured
- Tenderloin

#### Veal

- Chop
- Leg, cutlet
- Leg, roast
- Top round

#### Lamb (eat only occasionally; remove all visible fat)

- Center cut
- Chop
- Loin, chop or roast

#### Game Meats

- Buffalo
- Elk
- Ostrich
- Venison

#### Deli Meats (preferably all-natural, lower-sodium, and nitrite and nitrate free)

- Chicken breast, regular, smoked, or peppered
- Ham, boiled, and natural uncured smoked (avoid sugar-cured, maple-cured, and honey-baked)
- Turkey breast, regular, smoked, or peppered
- Roast beef, lean

#### Soy-Based Meat Substitutes and Meat Alternatives

Unless otherwise stated, look for products that have 6 g or less fat per 2-3 oz. serving

- Seitan
- Soy bacon
- Soy burger
- Soy chicken, unbreaded
- Soy crumbles, 1/4 cup (2 oz.) suggested serving size (plain or seasoned)
- Soy hot dogs
- Soy sausage patties and links
- Tempeh, 1/4 cup suggested serving size
- Tofu (all varieties), 1/2 cup suggested serving size
- Yuba (bean curd in sticks or sheets)

#### Cheese (fat-free or reduced-fat)

All cheeses should have 6 g or less fat per ounce.

- American
- Blue cheese
- Cheddar
- Cottage cheese, 1%, 2%, or fat-free
- Farmer cheese (and light farmer cheese)
- Feta

*(Cheese Continued)*

Goat cheese (chèvre)  
Mozzarella  
Parmesan  
Provolone  
Queso fresco  
Ricotta, part-skim  
Sheep's milk cheese  
Soy cheese  
Spreadable cheese, light (3/4 oz. wedge, all flavors)  
String cheese, part-skim  
Swiss

## Eggs

The use of whole eggs is not limited unless otherwise directed by your doctor. Egg whites and egg substitutes are okay.

## Dairy and Dairylike Products

*Except for half-and-half and evaporated milk, 2 cups allowed daily, including nonfat or low-fat plain yogurt.*

Almond milk, unsweetened, all flavors  
Buttermilk, light (1.5%)  
Coconut milk, unsweetened  
Evaporated milk, fat-free (2 Tbsp.)  
Greek yogurt, nonfat (0%) plain  
Half-and-half, fat-free (2 Tbsp.)  
Kefir, nonfat and low-fat plain  
Milk, fat-free or 1%  
Nonfat dry milk powder, instant  
Soy milk, low-fat, unsweetened or low-sugar plain or vanilla (4 g or less fat per 8 oz. serving); or artificially sweetened soy milk (4 g or less fat per 8 oz. serving). Avoid products that contain high-fructose corn syrup.  
Yogurt, nonfat or low-fat plain

## Beans and Other Legumes

*Fresh, dried, frozen, or canned (without added sugar). Start with a 1/3- to 1/2-cup serving size. Use reduced-sodium canned products when available.*

Adzuki beans  
Black beans  
Black-eyed peas  
Broad beans  
Butter beans  
Cannellini beans  
Chickpeas (garbanzos)  
    Hummus (2 oz.)  
Cranberry beans  
Edamame  
Fava beans  
Great Northern beans  
Italian beans  
Kidney beans  
Lentils (any variety)  
Lima beans  
Mung beans  
Navy beans  
Pigeon peas  
Pinto beans  
Refried beans, fat-free, canned  
Soybeans  
Split peas  
White beans

## Vegetables

*May use fresh, frozen, or canned without added sugar. Eat a minimum of 2 cups with lunch and dinner, and at least 1/2 cup with breakfast as often as possible.*

Artichoke hearts

Artichokes  
Arugula  
Asparagus  
Bok choy  
Broccoli  
Broccolini  
Broccoli rabe  
Brussels sprouts  
Cabbage (green, red, napa, Savoy)  
Capers  
Cauliflower  
Celeriac (celery root)  
Celery  
Chayote  
Collard greens  
Cucumbers  
Daikon radishes  
Eggplant  
Endive  
Escarole  
Fennel  
Fiddlehead ferns  
Garlic  
Grape leaves  
Green beans  
Hearts of palm  
Jícama  
Kale  
Kohlrabi  
Leeks  
Lettuce (all varieties)  
Mushrooms (all varieties)  
Mustard greens  
Okra  
Onions

*(Vegetables Continued)*

Parsley  
Pepperoncini  
Peppers (all varieties)  
Pickles (dill or artificially sweetened)  
Pimientos  
Radicchio  
Radishes  
Rhubarb  
Sauerkraut  
Scallions  
Sea vegetables (seaweed, nori)  
Shallots  
Snap peas  
Snow peas  
Spinach  
Sprouts (alfalfa, bean, broccoli, lentil, radish, sunflower)  
Squash, spaghetti  
Squash, summer  
    Yellow  
    Zucchini  
Swiss chard  
Tomatillos  
Tomatoes (fresh and all varieties of canned, jarred, and dried with 3 g of sugar or less per serving)  
Tomato juice, low-sodium  
Turnip greens  
Vegetable juice blends, low-sodium  
Water chestnuts  
Watercress  
Wax beans

## Nuts and Seeds

*Limit to one serving per day as specified. Dry roasted recommended.*

Almonds – 15  
Brazil nuts – 4  
Cashews – 15  
Chestnuts – 6  
Chia seeds – 3 Tbsp. (1 oz.)  
Coconut, unsweetened – 1/4 cup  
Edamame, dry roasted – 1/4 cup  
Filberts – 25  
Flaxmeal (ground flaxseed) – 3 Tbsp.  
Flaxseed – 3 Tbsp. (1 oz.)  
Hazelnuts – 25  
Macadamias – 8  
Peanut butter, natural, and other nut butters (look for brands with 1 g of sugar or less per 2 Tbsp.) – 2 Tbsp.  
Peanuts, dry roasted or boiled – 20 small  
Pecans – 15  
Pine nuts (pignoli) – 1 oz.  
Pistachios – 30  
Pumpkin seeds – 3 Tbsp. (1 oz.)  
Sesame seeds – 3 Tbsp. (1 oz.)  
Soy nuts – 1/4 cup  
Sunflower seeds – 3 Tbsp. (1 oz.)  
Tahini – 2 Tbsp.  
Walnuts - 15

## Fats/Oils

*Up to 2 Tbsp. of the following fats or oils are allowed daily. Monounsaturated oils are particularly recommended.*

### Monounsaturated Oils:

Canola  
Olive (particularly extra-virgin)

### Polyunsaturated Oils or a Blend of Monounsaturated and polyunsaturated:

Corn  
Flaxseed  
Grapeseed  
Peanut  
Safflower  
Sesame  
Soybean  
Sunflower

### Other Fats/Oils

Avocado – 1/3 whole = 1 Tbsp. oil  
Coconut oil, extra-virgin – 1 Tbsp.  
Cream cheese, light – 2 Tbsp. (use occasionally)  
Cream cheese substitute, dairy free – 2 Tbsp. (use occasionally)  
Guacamole – 1/2 cup = 1 Tbsp. oil  
Margarine, trans-fat-free – 2 Tbsp. (use only vegetable oil spread, not stick margarine)  
Mayonnaise, low-fat or light – 2 Tbsp. (avoid varieties made with high-fructose corn syrup)  
Mayonnaise, regular – 1 Tbsp.  
Olives (small green) 15 = 1/2 Tbsp. oil  
Olives (small black) 8 = 1/2 Tbsp. oil  
Salad dressing, prepared – 2 Tbsp. Use those that contain 3 g sugar or less per 2 Tbsp. Best choices contain canola or olive oil  
Sour cream, light and reduced-fat – 2 Tbsp. (use occasionally)  
Vegetable oil spread (margarine) – 2 Tbsp. Choose brands that do not contain trans fats.

## Seasonings and Condiments

*All herbs and spices and herb and spice blends that contain no added sugar*

Arrowroot

Broth, beef, chicken, vegetable (preferably fat-free, low-sodium or less-sodium)

Chile peppers, fresh and dried

Chile paste

Chile sauce, sugar-free

Chipotles in adobo

Cocktail sauce, sugar-free

Cooking sprays (such as olive oil, canola oil)

Espresso powder

Extracts (pure almond, vanilla, or others)

Horseradish and horseradish sauce

Hot pepper sauce

Ketchup, sugar-free

Lemon juice

Lime juice

Liquid smoke

Mustard, all types, except honey mustard

Pepper, ground and whole peppercorns (black, cayenne, pink, white, and pepper blends)

Salsa (check label for added sugar)

Vinegar, all types

Wasabi, powdered or paste

*Use the following toppings and sauces sparingly; check label for added sugar or monosodium glutamate (MSG):*

Coconut milk, canned lite (1/4 cup max.)

Cream cheese, fat-free – 2 Tbsp.

Miso – 1/2 Tbsp.

Pesto sauce – 2 Tbsp.

Shoyu – 1/2 Tbsp.

Sour cream, fat-free – 2 Tbsp.

Soy sauce, reduced-sodium – 1/2 Tbsp.

Sriracha sauce – 1 tsp.

Steak sauce – 1/2 Tbsp.

Taco sauce – 1 Tbsp.

Tamari – 1 Tbsp.

Tapenade — 2 Tbsp.

Whipped topping, fat-free dairy – 2 Tbsp.

Worcestershire sauce – 1 Tbsp.

## Sweet Treats

*Limit to 75-100 calories per day*

Candies, hard, sugar-free

Chocolate powder, no sugar added

Chocolate syrup, sugar-free

Cocoa powder, unsweetened baking type, labeled 100% cacao

Drink mix, sugar-free and nutrient-enhanced

Fudge pops, frozen, no-sugar-added

Gelatin, sugar-free

Gum, sugar-free

Jams and jellies, sugar-free

Pops, sugar-free

Syrups, sugar-free

*Some sugar-free products may be made with sugar alcohols (isomalt, lactitol, mannitol, sorbitol, or xylitol), which are permitted on the South Beach Diet. They may have associated side effects of gastrointestinal distress if consumed in excessive amounts.*

## Sugar Substitutes

Acesulfame K

Agave nectar (1 Tbsp. daily max.)

Aspartame (NutraSweet, Equal)

Fructose (count as Sweet Treats, 75-100 calorie limit)

Monk fruit natural no-calorie sweetener (Nectresse, Monk Fruit in the Raw)

Saccharin (Sweet'N Low)

Stevia

Stevia and erythritol (Truvia)

Sucralose (Splenda)

*Some sugar substitutes may be made with sugar alcohols (isomalt, lactitol, mannitol, sorbitol, or xylitol), and are permitted on the South Beach Diet. They may have associated side effects of gastrointestinal distress if consume in large amounts.*

## Beverages

Almond milk, unsweetened, all flavors (limit to 2 cups daily as part of total dairy servings)

Buttermilk, light (1.5%), limit to 2 cups daily as part of total dairy servings

Caffeinated and decaffeinated coffee and tea (drink caffeinated in moderation)

Club soda

Coconut milk beverage, unsweetened (limit to 2 cups daily as part of total dairy servings)

Diet soda and drinks, caffeinated and decaffeinated sugar-free (drink caffeinated in moderation)

Herbal teas (peppermint, chamomile, etc.)

Kefir, nonfat and low-fat plain

Milk, fat-free or 1% (limit to 2 cups daily as part of total dairy servings)

Seltzer

Soy milk, low-fat, unsweetened or low-sugar plain or vanilla (4 g or less fat per 8 oz. serving); or artificially sweetened soy milk (4 g or less fat per 8 oz. serving). Avoid products that contain high-fructose corn syrup. (Limit to 2 cups daily as part of total dairy servings.)

Sugar-free powdered drink mixes

Tomato juice, low-sodium

Vegetable juice blends, low-sodium

PHASE

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## Phase 1 Foods to Avoid

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### Protein

#### Beef

Brisket

Jerky, unless homemade without sugar

Liver

Prime rib

Rib steak

Skirt steak

#### Poultry

Chicken, dark meat (wings, legs, and thighs)

Duck legs

Goose

Turkey, dark meat (wings, legs, and thighs)

#### Pork

Bacon (except Canadian)

Honey-baked ham

Pork rinds

#### Veal

Breast

#### Cheese

Full-fat

### Dairy and Dairylike Products

Ice cream (all types)

Milk, 2% or whole

Soymilk, full-fat

Yogurt, artificially sweetened low-fat or nonfat flavored

Yogurt, frozen

### Fruit

Avoid all fruits and fruit juices on Phase 1.

### Vegetables

Beets

Calabaza

Carrots

Cassava

Corn

Peas, green

Potatoes, sweet

Potatoes, white

Pumpkin

Squash, winter

Taro

Turnips (root)

Yams

### Starches

*Avoid all starchy food on Phase 1, including:*

Bread, all types

Cereal, all types

Croutons, all types

Matzo

Oatmeal

Pasta, all types

Pastries and baked goods, all types

Rice, all types

### Seasonings and Condiments

Barbecue sauce, with sugar

Cocktail sauce, with sugar

Honey

Honey mustard

Jams and jellies, with sugar

Ketchup, with sugar

Maple syrup and other syrups, with sugar

Teriyaki sauce

### Beverages

Alcohol of any kind, including beer and wine

Carrot juice

Fruit juice, all types

Milk, full-fat and 2%

Powdered drink mixes containing sugar

Soda and other drinks containing sugar

Soymilk, with more than 4 g fat per 8 oz. serving

### Protein

Hot dogs (beef, pork, poultry, soy) can be enjoyed occasionally (once a week) if they are at least 97% fat-free (3-6 g fat per serving).

Rice cheese (look for varieties that have 6 g or less fat per ounce)

### Fruit

*Start with one serving daily, gradually increasing to up to three servings daily. Fresh, frozen, or canned without added sugar.*

Apple— 1 small or 5 dried rings

Apricots – 4 fresh or 7 dried

Banana – 1 medium (4 oz.)

Blackberries – 3/4 cup

Blueberries – 3/4 cup or 2 Tbsp. dried

Boysenberries – 3/4 cup

Cactus pear fruit (prickly pear) – 1

Cantaloupe – 1/4 melon or 1 cup diced

Cherries – 12 or 2 Tbsp. dried

Clementines – 2

Elderberries – 1

Gooseberries – 3/4 cup

Grapefruit – 1/2

Grapes – 15

Honeydew melon – 1/8 melon or 1 cup diced

Kiwifruit – 1

Loganberries – 3/4 cup

Mandarin oranges – 2

Mango – 1/2 medium (4 oz.)

Mulberries – 3/4 cup

Nectarine – 1 small

Orange – 1 medium

Papaya, yellow or green – 1 small (4 oz.)

Peach – 1 medium

Pear – 1 medium

Plums – 2

Pomegranate seeds – from 1 medium pomegranate

Pomelo – 1/2

Prunes – 4

Raspberries – 3/4 cup

Strawberries – 3/4 cup

Tangelo – 1 small

Tangerines – 2

### Dairy

*2-3 cups allowed daily, including nonfat or low-fat plain yogurt.*

Limit artificially sweetened low-fat or nonfat flavored yogurt to 6 oz. per day; avoid varieties that contain high-fructose corn syrup or any other added sugars

### Whole Grains and Starchy Vegetables

*Start with one serving daily, gradually increasing to up to three or four servings daily. Unless otherwise stated, choose whole-grain products that have 3 g or more fiber per serving.*

#### Whole Grains

Amaranth – 1/2 cup cooked

Bagel, small, whole-grain – 1/2 (1 oz.)

Barley – 1/2 cup cooked

Bread – 1 slice (1 oz.) – including homemade breads made with whole grains (buckwheat, whole wheat, spelt, whole oats, bran, rye). Choose 100% whole-grain products with 3 g or more

fiber per slice.

Multigrain (only if product says whole-grain)

Oat

Rye

Sprouted grain

Whole wheat

Buckwheat – 1/2 cup cooked

Cellophane noodles (mung bean threads) – 3/4 cup cooked

Cereal, cold (choose low-sugar with 5 g or more fiber per serving; serving sizes vary, so be sure to check the label to determine recommended amount)

Cereal, hot (choose whole-grain and slow-cooking varieties—not instant—with at least 3 g fiber and no more than 2 g sugar; serving sizes vary, so be sure to check the label to determine recommended amount)

Crackers, whole-grain (3 g or more fiber per 1-oz. serving and no trans fats) – follow serving size on packaging for 1 serving

English muffin, whole-grain – 1/2 muffin (1 oz.), most contain 2.5 g fiber per half a muffin; varieties with 3 g fiber are the best choice

Farro – 1/2 cup cooked

Flour (including legume and nut flours)

Almond meal/flour

Amaranth flour

Barley flour

Black bean flour

Brown rice flour

Buckwheat flour

Coconut flour

Corn flour, corn meal

*(Whole Grains and Starchy Vegetables Continued)*

Flaxseed meal  
Garbanzo bean (chickpea) flour  
Garbanzo fava flour  
Hazelnut flour  
Oat flour  
Quinoa flour  
Sorghum flour  
Soy flour  
Spelt flour  
Teff flour  
White bean flour  
White whole-wheat flour  
Whole-wheat flour  
Whole-wheat pastry flour  
Matzo, whole wheat - 1/2 sheet  
Muffins, bran – 1 small homemade sugar-free (no raisins)  
Pasta  
Brown rice – 1/2 cup cooked (3 g or more fiber per 1/2 cup)  
Couscous, whole-wheat or Israeli – 1/2 cup cooked  
Quinoa – 1/2 cup cooked (3 g or more fiber per 1/2 cup)  
Soy – 1/2 cup cooked (3 g or more fiber per 1/2 cup)  
Spelt – 1/2 cup cooked (3 g or more fiber per 1/2 cup)  
Whole-wheat – 1/2 cup cooked (3 g or more fiber per 1/2 cup)  
Phyllo dough and shells, whole-wheat – 2 sheets or 4 mini shells (regular phyllo okay for minis)

Pita – 1/2 pita (1 oz.), most contain 2.5 g fiber per half pita; varieties with 3 g fiber are the best choice, such as stone-ground whole-wheat

Popcorn, 3 cups popped  
Air-popped  
Microwave, plain, no trans fats  
Stove-top, cooked with canola oil

Quinoa – 1/2 cup cooked

Rice – 1/2 cup cooked

Basmati  
Brown  
Converted  
Parboiled  
Wild

Rice noodles – 1/2 cup cooked

Shirataki noodles – 3/4 cup cooked

Soba noodles – 3/4 cup cooked

Tortilla, 100% whole grain (3 grams of fiber or more per ounce, no trans fats) – 1 small

Wheat germ – 3 Tbsp.

## Starchy Vegetables

*Count as a starch/grain serving*

Calabaza – 3/4 cup  
Cassava – 1/4 cup  
Corn – 1/2 ear, occasionally  
Potato, sweet, 1 small  
Pumpkin – 3/4 cup  
Taro – 1/3 cup  
Turnip (root) – 1 small  
Winter squash – 3/4 cup  
Yam – 1 small

## Other Vegetables

Carrots – 1/2 cup  
Peas, green – 1/2 cup

## Beverages

Bourbon (1 serving – 1 1/2 oz.)  
Champagne, extra-brut (1 glass 4 oz.)  
Gin (1 serving – 1 1/2 oz.)  
Light beer (1), on occasion (12 oz.)  
Rice milk (limit to 1/2 cup daily)  
Ouzo (1 glass, 4 oz)  
Rum (1 serving – 1 1/2 oz.)  
Sake (1 serving – 1 1/2 oz.)  
Tequila (1 serving – 1 1/2 oz.)  
Vodka (1 serving – 1 1/2 oz.)  
Wine, red or white (1-2 glasses, 4 oz. each, permitted daily with or after meals)

## Occasional Treats

Chocolate (1 oz.), dark (choose brands that contain at least 70% cacao and the least amount of sugar)  
Pudding, fat-free, sugar-free (one serving per day permitted)

**PHASE 2** **Phase 2 Foods to Avoid or Eat Rarely**

**Starches and Breads**

Bagel, refined wheat flour

Bread

Refined wheat flour

White

Cookies

Cornflakes

Cream of wheat

Matzo (exception: whole wheat varieties, which are allowed)

Oatmeal, instant

Pasta, white flour

Potatoes

Instant

White

Rice

Jasmine

Sticky

White

Rice cakes

Rolls, white dinner

**Vegetables**

Beets

Potatoes, white

**Fruit**

Canned fruit, in heavy syrup

Dates

Figs

Fruit juice

Lychees

Pineapple

Raisins

Watermelon

**Beverages**

Beer, regular

Brandy

Carrot juice

Liqueurs, including Kahlúa, Bailey's Irish Cream, Amaretto, Grand Marnier, etc.

Port

Sherry

Sugary cocktails

Wine coolers

**Miscellaneous**

Honey (1 tsp.)

Cane juice syrup (1 tsp.)

Ice cream (100-calorie frozen bars and treats, on occasion)

Yogurt, frozen flavored regular or Greek, on occasion